



"Hurry, Baby Has the Colic"
Don't take dangerous chances by letting baby fret, cry and suffer—use the safest proven remedy for colicky or teething babies.

MRS. WINSLOW'S SYRUP
The Infants' and Children's Regulator

It quickly aids baby's stomach to digest food as it should and keeps the bowels open, brings surprisingly quick relief from colic, diarrhoea, constipation, flatulency and other similar troubles.

Made of purely vegetable ingredients, guaranteed to contain no narcotics, opiates, alcohol nor anything harmful. This complete, open published formula appears on every label:

Senna, Sodium Citrate, Oil of Anise, Caraway, Glycerine, Rhubarb, Sodium Bicarbonate, Fenel, Coriander, Sugar Syrup.

At All Druggists
ANGLO-AMERICAN DRUG CO., 215-217 Fulton Street, New York
General Selling Agents: Harold F. Ritchie & Co., Inc., New York, London, Toronto.

The mother who raises children to respect her doesn't get her theories from books.

Celebrate at least one day in the week. Order beefsteak.

Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease. It is on sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

SYSTEM DID NOT WORK WELL

Englishwoman Found Some Disadvantages in Giving Instructions in the Sign Language.

An English lady was talking about her cleverness in getting a Russian servant. "She can't speak a word of English, and I can't speak Russian," she finished. "But how do you manage, then?" asked her friend. "Oh, it's quite simple. I just wave my hands about and make faces, and if she doesn't quite understand, she goes off and does something else, so all the work gets done in time." Later on the friend called, hoping to catch a glimpse of the Russian treasure, and found the mistress in tears. "That dreadful Bolshevik," she wailed. "She came up to ask what she was to do next, and I made scrubbing motions, meaning the kitchen floor, of course, and she did it on my lovely polished dining table instead, and it is absolutely ruined! And now she's sulking in the kitchen, smoking my cigarettes, and I can't make her understand that she's not to take them!"

A Solvent.

"Liquor always loosened up our patrons," said a waiter reminiscently. Meaning, we suppose, that it released the "lip" from the tipplers.—Boston Transcript.

Almost as Easy as Wishing Your breakfast cup is ready without trouble or delay when

INSTANT POSTUM

is the table beverage.

To a teaspoonful of Instant Postum in the cup, add hot water, stir, and you have a satisfying, comforting drink, delightful in taste—and with no harm to nerves or digestion. As many cups as you like, without regret.

"There's a Reason"

Your grocer sells Postum in two forms, POSTUM CEREAL (in packages) made by boiling full 20 minutes.

INSTANT POSTUM (in tins) made instantly in the cup by adding hot

Made by Postum Cereal Co. Inc., Bat



Minute events are the hinges on which magnificent results turn. In a watch the smallest link, chain, ratchet, cog or crank, is as essential as the main spring itself. If one fails out, the whole will stand still.—Cumming.

AT HOUSE-CLEANING TIME.

The old bugbear of an upset house at house-cleaning time has long ago been disposed of with the modern appliances which keep a house clean; which is pleasant all around than to make it clean. If the householder bears in thought in mind when choosing furnishings, hangings and decorations, she will save herself much time and many steps.

A place for everything and everything in its place, a daily dusting of the rooms most in use, and the thorough removing of dirt frequently by the most approved appliances, will take the woe out of work in spring cleaning time.

Even the two-year-old in the home can be taught to heap her possessions in a convenient place and in some sort of order. If each member of the household can be taught the importance of this it will save the housewife many weary hours.

The way a house is arranged, finished and furnished has much to do with the amount of work in caring for it. Study the home; often some simple change such as raising a low sink, changing the position of table, stove or cabinet will save miles of walking in the course of a month or even a week.

A floor that must be scrubbed often to keep it in good condition is not an addition to the comfort of any family. A floor covered with some waterproof material, such as linoleum, is easily cared for and if varnished twice a year will last for years. Doing away with superfluous shelves, moldings, cracks and crevices in which dust lodges will help.

Preventive cleaning, or keeping out dust and dirt, is well worth the work.

Screens in pantries and storerooms covered with cheesecloth; material which will let the air through, are a great saving. Daily dusting of window sills, porches and steps, using rubber mats and scrapers and keeping muddy rubbers outside in some receptacle until washed, all are preventive cleaning.

What medicine can procure digestion? Exercise. What will recruit strength? Sleep. What will alleviate incurable evils? Patience.—Voltaire.

HOT OFF THE GRIDDLE.

A hot griddle cake is not out of place even during the summer when a cool morning will make a crisp brown waffle welcome.

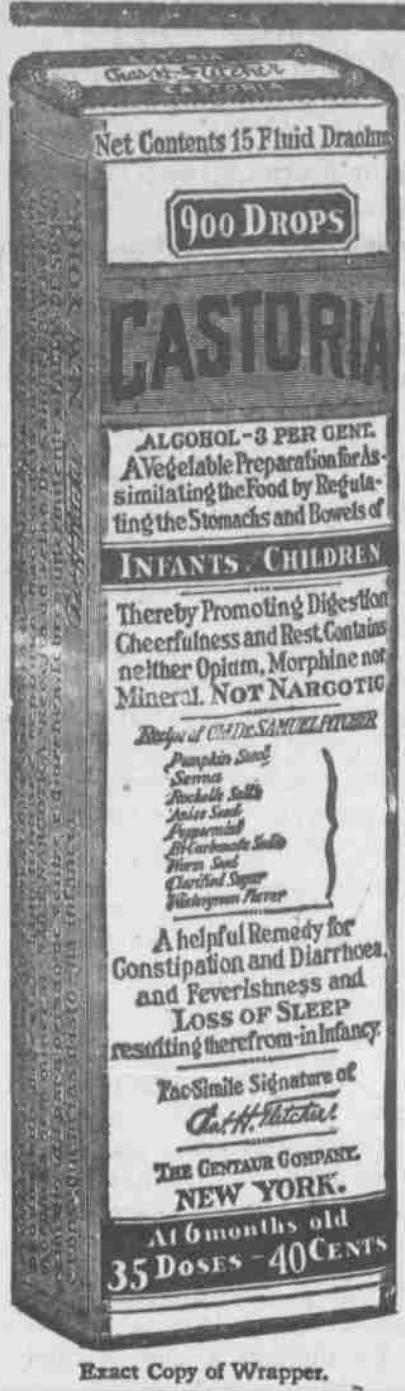
The Best Waffle.—Take one and one-fourth cups of flour, one-fourth teaspoonful of salt, one cupful of thick sour milk, one-half teaspoonful of soda, two eggs and three tablespoonfuls of melted butter. Sift the flour, soda and salt. Separate the yolks and whites of the eggs. Beat the yolks until thick, add the sour milk and flour, beat well, add the melted butter and fold in the beaten whites. Cook on a well-greased waffle iron.

Ham Pancakes.—Mix three-fourths of a cupful of yellow cornmeal, one and one-fourth cups of flour, four teaspoonfuls of baking powder, one teaspoonful of salt; then add three-fourths of a cupful of chopped boiled ham. Stir in one and one-half cups of milk, one egg well beaten, two tablespoonfuls of melted fat and two tablespoonfuls of sugar. Bake on a hot griddle and serve with ham gravy.

California Griddle Shortcake.—Mix and sift together two and one-half cups of flour, three-fourths of a teaspoonful of soda, one teaspoonful of salt, two teaspoonfuls of baking powder; beat one egg yolk, add one cupful of buttermilk, two teaspoonfuls of melted butter. Mix all the ingredients, beating well, then turn out onto a floured moulding board. Knead until the dough ceases to shrink when rolled out. Roll and cut with a biscuit cutter, set in a cool place for an hour. Bake on a hot griddle from 10 to 15 minutes, keeping hot in the oven until all are baked. Split while hot, butter and spread with orange marmalade; spread the top with butter and serve at once.

Sweet Red Pepper Jelly.—Take one-fourth of a peck of apples, five quarts of water, eighteen red peppers—the sweet variety. Cut the apples after washing carefully into quarters; do not peel or core. Remove the stems and seeds from the peppers and chop fine. Place the apples and peppers in a preserving kettle and add the water. Cook slowly until soft, then drain through a jelly bag. Measure the liquid and return it to the preserving kettle, cook ten minutes then add equal measures of sugar. Bring to the boiling point and cook for eight minutes, then pour into sterilized glasses. Cover with paraffin when cold, and store in a cool, dry place.

Herbie Maxwell



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A Vegetable Preparation for Assuaging the Food by Regulating the Stomach and Bowels of INFANTS, CHILDREN
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"I have taken four Eatonic tablets and they relieved me of sour stomach. I recommend it to everybody," says Mrs. G. P. Hicks.

If stomach is not digesting your food; if you have sourness, bloating, food repelling, indigestion or acid stomach, Eatonic will remove the cause by taking up and carrying out the acidity and gases, bringing quick relief and healthy digestion. Why suffer stomach trouble? Why not keep your digestion normal and enjoy good health? An Eatonic taken after each meal will prevent discomfort and pain.

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Removes Dandruff, Stops Itching, Restores Color and Beauty to Gray and Faded Hair. Cleanses Scalp, Promotes Growth. Hines Chemical Works, Patagonia, N. Y.

HINDERCOBNS Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail or at Druggists. Hines Chemical Works, Patagonia, N. Y.

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Short breathing relieved in a few hours; swelling reduced in a few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. Write for Free Trial Treatment. COLLUM DROPSY REMEDY CO., Dept. W., ATLANTA, GA.

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AGENTS—We start you in business, furnishing everything; men and women; opportunity of lifetime to earn \$5 to \$100 weekly operating your own business. NEWPORT PRODUCTS CO., Newport, Ky.

Pure, Rich Blood Will Keep Your Body Vigorous and Healthy

When impurities creep into your blood the first symptoms are usually a loss of appetite, followed by a gradual lessening of energy, the system becomes weaker day by day, until you feel yourself on the verge of a breakdown.

Nearly everybody needs a few bottles of S. S. S., the great vegetable blood remedy, to cleanse out all impurities about twice a year. It is an excellent idea to take this precaution to keep the system in a

vigorous condition so as to more easily resist disease to which every one is subject. S. S. S. is without an equal as a general tonic and system builder. It improves the appetite and gives new strength and vitality to both old and young.

Full information and valuable literature can be had by writing to Swift Specific Co., 156 Swift Laboratory, Atlanta, Ga. S. S. S. is not sold or recommended for venereal diseases.

A business man always reads the postscript of women's letters first.

If You Have a Pain try Vacher-Balm. Keep it handy, and avoid imitations.—Adv.

A divorce suit is usually more expensive than a marriage suit.

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WINTERSMITH'S CHILL TONIC
Not Spring Fever But Malaria CAUSES THAT LAZY TIRED FEELING.
WARDS OFF MALARIA AND RESTORES STRENGTH. TRY IT.
If not sold by your druggist, write Arthur Peter & Co., Louisville, Ky.

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FOR MEN, WOMEN, BOYS AND GIRLS

Ask Your Dealer for These Brands—See That You Get Your Tags—They Are Valuable



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Automatic Lighter and Pocket Lamp, 50 Tags
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